

BARNARD BULLETIN

VOL. LXXXIII No. 3

February 20, 1978

Mental Health at Barnard

Margaret Goldstein
Editor in Chief

Juha Lachter
Managing Editor

Emily Klein
Contributing Editor

Maria Tsarnas
Kay Pfeiffer
Feature Editors

Business Staff
Mary Kachourbos
Shirley Yoshida
Mary Ann Dabiel

Sports
Mary La Rocca

Production
Hilary Fishman
Christie Pemberton

PHOTOGRAPHY
Andrea Nicoletti

By Karen Frieman

Barnard students returned to school after winter break in the wake of the first snowstorm of what Margaret O'Shea of Buildings and Grounds called the "worst winter I have ever seen."

The snow itself has not been the only problem to plague the Buildings and Grounds crew. Barnard ran out of salt, and although they ordered more on January 20, the company has yet to deliver the order. Instead of using salt to meet the snow, Buildings and Grounds has been using ice pellets, a more expensive substance that is usually used after the snow has stopped falling.

The cost of clearing the academic areas and the sidewalks, after the first snowstorm was approximately \$4,300 for labor and salt. On February 7, the second storm, thirteen men, only six of whom live in the neighborhood of the school, were out shovelling the snow. Their labor cost Barnard \$2,521.05. These workers, according to O'Shea, have been the "saving grace for Barnard this winter."

The size of the work force available to Buildings and Grounds has been curtailed during this last storm due to a few cases of the flu among workers.

The workers are not alone in their illness. An average of forty Barnard women a day have gone into the Health Service, 202 Barnard Hall, suffering from either the flu or an upper respiratory virus, since the beginning of February.

The symptoms of the flu, the largest case in recent years at Barnard, are, according to Lee Anderson, a nurse at the Health Service, headaches, coughing, aching and a sore throat.

This strain of influenza lasts for four or five days. Anderson recommends that students who have the flu rest, drink plenty of fluids, take aspirin, and gargle with hot salt water.

After weathering the aches and pains of the flu, falling into the slush on Broadway, traveling to school to find it closed, and the inconvenience of making up missed classes, one Barnard student could only say hopefully, "Spring is right around the corner, right?"

Barnard Weathers the Elements



An unexpected holiday, thanks to the snow . . .



. . . is cause for celebration

Table of Contents

Barnard Weathers the Elements, by Karen Frieman	Page 2
BHR Needs a Fix(tng), by Nancy Tappan	Page 3
"Celebrating Our Selfness": BOBW Weekend, by Diane Elebe and Sheila Perry	Page 3
New Pregnancy Kit Saves the Rabbit, by Juha Lachter	Page 4
Reporters Notebook: Hanging Out in Atlantic City, by Ilise Levy	Page 4
Campus Mall: It Gets There . . . , by Drosilla Clough	Page 5
Commuter Line, by Paula Franzese	Page 5
Out from Under(grad), by Emily Gaylord	Page 6
Letters to the Editor	Page 6
Mental Health at Barnard	
Life in a Pressure Cooker	Page 7
One Student's Experience	Page 7
Advisors Examine the Problem, by Janet Reiser	Page 7
Double Trouble, by Rumu Sarkar	Page 8
Student leaders tell how they cope	
. . . As the Doctors See It, by Marina Kharzanov-Medvedev	Page 8
Pooling Resources At PAC, by Tamar Gershon	Page 9
Sex, Suicide and Etc.: Mental Health Trivia, compiled by Maria Tsarnas	Page 9
Travolta's Sassy Spasms, by Jean Evans	Page 10
Behind All the Masks, by Susan Davids	Page 10
Billy Joel's new album. The Stranger	
Sports, by Mary G. La Rocca	Page 16

BHR Needs a Fix(ing)

by Nancy Tappan

Brooks Hall, in the BHR complex, has recently been plagued by frequent breakdowns, backups, and generally obnoxious behavior by the plumbing and heating systems. This building, the oldest dormitory on campus, was built in 1906, and the condition of the facilities reflects its antiquity.

According to Anne Kabot, Administrative Assistant at BHR, she gets "frequent major complaints," and "numerous minor complaints daily" concerning the plumbing and radiators in Brooks. Hewitt, built in 1927, and Reid, built in 1959, also have their share of plumbing problems, but these are more likely to be induced by the residents, through the clogging of drains with food and garbage, and the clogging of toilets with sanitary napkins.

Brooks, however, because of the age of the pipes, is more prone to backups

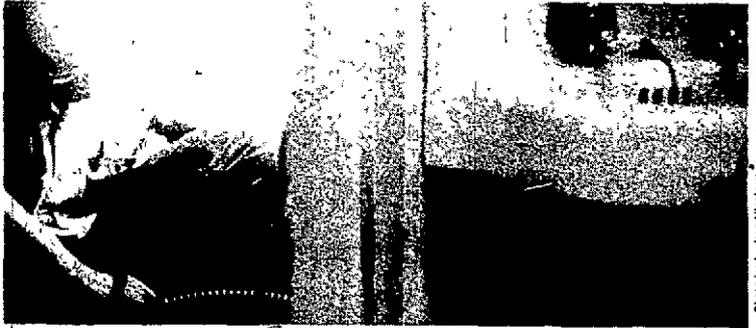


Photo by Andrea Nicolini

Historic preservation of antique Brooks plumbing

not caused by willful abuse of the facilities. So far this term, there have been numerous occasions of sinks backing up due to clogs in the main lines, resulting in a major flood in Room 313, an averted flood in Room 306, and the clogging of both a toilet

and a shower in the 3rd floor bathroom, among other reported incidents.

On the upper floors, there was the harrowing story of Room 709. Over the recent intercession, on January 2nd

(continued on page 12)

"Celebrating Our Selfness": BOBW Weekend

by Sheila Perry and Diane Elebe

Ten years have gone by since Barnard's Organization of Black Women came into existence. At that time it was deemed necessary to develop an organization that was tailored specifically to meet the needs of Black women on Barnard's campus. Here in 1978 it is still seems necessary to have an organization for this purpose, and there was a feeling within the organization that it was time to acknowledge the achievements of

black women past and present, to provide ourselves with positive role models, and to expose the entire Barnard community to the black women's experience. This realization led to the Celebration of Black Womanhood Weekend which was held on February 4 & 5.

The Celebration began on Saturday morning with a breakfast hosted by President Mattfeld. Following the breakfast, opening remarks were made by Pres. Mattfeld, Kuumba Edwards,

coordinator of the Celebration and Debra Johnson, President of BOBW.

The tone of the first workshop, Black Feminist Thought, coordinated by Sharon Roberson '78, was set by political-activist Flo Kennedy at the opening address when she led the audience in feminist songs. The main topics of discussion in this workshop were Black Women in the '70's—New Priorities, The Consciousness of Feminism, the Professional Black Women and the Price of Success, and Body Power, Woman Power, Vote Power. Although these were four distinct ideas the main thought running through the workshop was that black women, when possible, should work with black men for the betterment of the race but in doing this should not sacrifice their top priority, the advancement of black women. Jane Galvin Lewis of the National Black Feminist Organization captured the essence of the workshop by stating that "we are celebrating our selfness," and we want the freedom to be who we are, knowing that who we are should never challenge anyone else.

Three women with previous ties to Barnard, participated in the Political-Legal workshop coordinated by Sharon Isaac '79 and Gloria White '79. Inez

(continued on page 12)



Photo by Selimoh Al

Committee Heads plan Black Womanhood Weekend.

New Pregnancy Kit Saves the Rabbit

By Julia Lachter

We live in a very do-it-yourself day, where it is possible to buy everything from a bake your own bread kit, to a kit complete with instructions for building your own car. Warner/Chilcott Company has introduced a new kit onto the American market recently. A do-it-yourself pregnancy detection kit.

The test, called EPT (for early pregnancy test) costs about \$10, and is intended for use nine days or longer after a missed period. It contains simple instructions, an eye dropper, a vial containing a chemical and a test tube. According to the instructions, the woman is supposed to put three drops of early morning urine into the test tube containing the chemical, add water, shake the mixture up, and let it sit for two hours. If a brown ring forms at the bottom of the test tube, the woman is pregnant.

Sounds very simple but how accurate is it? If the test result is positive, the woman can be 97 percent sure she's pregnant. If it is negative, there is a one in-five-chance that she may be pregnant, and she is advised to repeat

the test a week later if she still hasn't gotten her period.

There are many possible advantages to this new product. The earlier a woman finds out that she's pregnant, the sooner she can proceed to deal with it. That is to say, if she is pregnant and wants the child, she can begin a proper regimen of prenatal health care for herself and her child, including cutting out all drugs, alcohol and cigarettes. If, on the other hand, she discovers that she is pregnant but doesn't want to be, she can arrange for an abortion right away, when the procedure is safest.

The disadvantages of such a test are equally obvious. Dr. Lorrin Lau of Johns Hopkins University pointed out that even with simple instructions, mistakes would be easy to make—both because most women would be doing it for the first time, and because since the testing is an emotional event, they might have a hard time following the instructions. He pointed out that in their eagerness to know the results, many people might not be able to wait the two hours, and therefore might not get accurate results.

Inaccurate results here are a real

cause for concern. If a woman is pregnant but gets a negative result, she might not get proper medical care until very late in her pregnancy, which could result in possible damage to the fetus. More serious is what happens in the event of an ectopic (tubal) pregnancy.

Early testing in a case like this would yield negative results, which could lead a woman to ignore her symptoms—an omission that could be fatal. In ectopic pregnancies, where the fetus actually begins to develop inside the Fallopian tubes, the fetus must be surgically removed as soon as possible to prevent the woman's tube from bursting.

A spokesperson from the Fernald Grocery, where Ortho contraceptive products were recently added to the stock, said that she hadn't heard of the EPT, but if a demand for the kits started, they would consider ordering them. The College Drugstore, on Broadway and 116th Street, has already ordered several kits. The druggist, who seemed uncomfortable talking about it, said that he knew nothing about the whole procedure, except that they were due to arrive soon and would cost about \$10.

Hanging Out in Atlantic City

by Ilise Levy

Despite fervent opposition by many groups on both campuses, the trepidations of many administrators on "both sides of the street," and the general apathy of the student body, which reduced the numbers of Convention-bound students to about half the anticipated size, chartered busses sped away from College Walk on Friday afternoon to bring over 180

undergraduates, plus faculty and administration, to the site of the 1978 Undergraduate Convention, held in Atlantic City, New Jersey.

Reporters Notebook

The surroundings of the impoverished and sadly decayed former glories of Atlantic City were in many ways, analogous to those of Morningside Heights. Yet, the Convention

was no more disturbed by these surroundings than the campus is by its locale; and fortunately, the analogy between the Convention's atmosphere and campus-life ended there.

The students who came seemed to be intent on one thing: having a "good time." Although bookworms were not to be found hiding in the hotel's niches, the group was far from rowdy; many expressed a deep commitment to meeting other people from the campus, and making the University a more congenial place to live and learn.

"I had expected this to turn into a 5,000 person pick-up," said one student, "but the people who are here seem to be truly concerned about changing some things . . . the guys here were surprisingly shy."

The informality of relations was not limited to the student body, but was in fact lead by the performance of faculty and administration. This was exemplified at the Student-Faculty Talent

(continued on page 11)



Strolling on the Boardwalk.

Photo by Ilise Levy

Campus Mail: It Gets There . . .

The Campus Mail Service, according to some dissatisfied students, is too slow. Although the mail to be transported by the Service rarely travels farther than a city block, it often takes a full day to be sorted and sent to its destination. The student complaint is a legitimate one, and is given credence by the director of the Service. The roots of the problem, however, are many, and are too complex to be written off as wholly the fault of the Mail Service itself.

Probably the most obvious factor interfering with the operation of the Service is the fact that many students have no idea where to go to post their letters. There are four operating mail deposit boxes, in BHR, Barnard Hall, MacIntosh, and Milbank Hall.

Winifred Price, the director of the Mail Office in Milbank Hall, outlined other problems facing the Service. The fact that there are only two deliveries of mail a day means that if mail is deposited after the morning pick-up, it won't be delivered until the next day. In addition, the unreliability of the morning Post Office delivery is a deterrent to prompt mail service. The Post Office delivers at any time between 9:30 and 11:00 in the morning. If the delivery is too close to 11:00, the two men who deliver campus mail are likely to be out at lunch. This means, again, that mail won't get where it is going until the next day.

Finally, the work itself is apt to be time-consuming. The delivery men must pick it up at the four deposits, bring it back to the Mail Office for sorting, and then deliver it. Add to this the fact that they must often provide messenger service and various chores for the Housekeeping Office, and the occasional lateness of the mails; though regrettable, becomes more understandable.

—by *Drustila Clough*

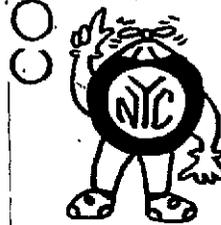
SPECIAL FOR BARNARD STUDENTS
 * Our best hair style. Haircut, shampoo, L'oreal
 * Conditioner, Blow Dry, all for \$10.00 \$20.00
 * value except Saturday. Special offer w/this ad
VISIT UNISEX HAIR DESIGNERS
 * Try our precision hair cutters and expert hair
 * stylists, 1020 Amsterdam Ave., Cor. 110th St.
 * 652-9090 Guaranteed to Please You

by Paula Franzese

Commuting—about 54 percent of the Barnard student population does it. A while back, commuters were thought of as the invisible migrants, apathetic when it came to their school. This attitude has changed, largely due to the work of McAc's Commuter Action Organization. Our many diversified activities have generated an overwhelmingly enthusiastic response, which seems to indicate that, when given the opportunity, commuters will participate to the fullest.

This year alone, we have sponsored special events ranging from Wine & Cheese Festivals featuring live entertainment to ice-skating parties to evening dances to the coffeehouse. This past January we sponsored a Winter Wonderland Ski Trip to the Pines Hotel in South Fallsburg, N.Y. We don't limit ourselves to social events, however, as we spend a great deal of time working on an advocacy realm. We've been doing things like

Commuter line



be keeping you up to date on Commuter Action Happenings, and giving reports on our progress in the advocacy realm. Car and train pool announcements will be listed as well. All on-campus events will be calendarized, and we'll tell you about special arrangements for overnight housing as well as "pool traveling" that we've secured. In addition, we'd like this column to serve as a sounding board—an outlet by which commuter can voice problems or criticisms. Perhaps



Token Commuters.

securing library privileges based on the commuter's individual schedule, improving as well as adding overnight housing facilities, lobbying for reduced fare and bus/train passes for commuting college students, and working with members of the administration on issues of commuter life in general. We have just opened our new office, located opposite room 110 in lower level McIntosh, (you can't miss it, it's the only office with a giant wooden token attached to the door) Our office hours are from 10:00 am to 2:00 pm, and we welcome you to come in for a visit, and voice any problems that you may have.

So with this column we begin a series of features, particularly geared towards the needs of commuters. We'll

you have an amusing story about commuter life that you'd like to relate, or have written a sonnet dedicated to the local? We invite everyone to contribute to the column, sending suggestions etc. to me, Paula Franzese, mailbox #122.

Are carfare expense (train/bus fare) putting a strain on your budget? There is something that you—that we, together, can do to work towards reduced rates. Commuter Action is part of the College Mass Transit Association—a city-based organization representing the commuting college students of N.Y.C. The group is presently lobbying for transportation passes, among a wide array of other things. If you would like

(continued on page 12)

Out From Under (grad)

Letters to the Editor

Howdy folks! It's the middle of February, and everybody is sick—what a drag! At any rate, a lot has been going on down in Undergrad that I thought you ought to know about.

Plans for the Seven Sisters Conference are shaping up nicely. Quite a few people have already come in, as willing volunteers, either as being "Guides to the Big Apple," which will involve showing members of the delegates from the sister schools around the city on Saturday night, or as donors of rooms for the "sisters" to stay in when they arrive. However, we still could use some more volunteers. The tentative schedule looks like this: Friday evening, sometime around 6:00, the delegates will arrive. On Friday evening, after we have had a little time for the delegates to get acquainted with one another, we will probably offer the choices of things to do on campus. It will be an early evening, because we begin again Saturday morning (we hope) with a student-run brunch in the James Room (which, incidentally, we could also use some volunteers in helping setting it up and doing some cooking). All day Saturday, there will be workshops on various topics common to all of the Seven Sisters, to which all Barnard students are invited to attend. Saturday, we are thinking of having

some kind of buffet supper, and then—TA DA!! Off to the night life in the Big Apple! On Sunday, there will be a concluding brunch with a speaker.

Mrs. Mattfeld's Visiting Committee has had its first meeting and are now undergoing a fairly intensive study of all aspects of student life on campus. If you have any questions or suggestions concerning the visiting committee, be sure to drop by the Undergrad office.

And of course, the biggie event of this week is Winter Festival. Watch bulletin boards for news of the events.

On the weekend of March 3 & 4, there is going to be a "teach-in" sponsored by the Committee for Human Rights in Chile, on "The Chilean University: A Symposium on Education and Political Repression in Chile." The weekend begins Friday evening with three lecturers, at 7:30 p.m. in the Teacher's College Auditorium. On Saturday, there will be a series of workshops running continuously throughout the day. Registration for this begins at 11:00 Saturday morning.

This is enough to digest—until next week. Until then, drink lots of fluids, get lots of rest (HA!), take two aspirin, but don't call ME in the morning! For real emergencies, call your Health Service. It's still the best one of the Ivies!

Undergrad President, Emily Gaylord

To the Editor:

On the morning of February 7 Lesbians at Barnard put up posters announcing a forum on Lesbian Mothers/in which members of the organization Dykes and Tykes were to take part. On February 14 carefully constructed posters advertising a forum on "Dykes and Kikes" were placed in BHR. Underneath this title was an elaborate design consisting of Stars of David, women's signs and an announcement of a purported lecture on Lesbians in the Soviet Union.

Although this particular sample of prejudice was directed against Lesbians and Jews, it could easily have been directed against any minority. We are horrified that such violent hatred is present in the Barnard community.

*Emily Heilbrun
Martha Mitchell*

To the Editor:

Just because Plimpton Hall is not immediately visible from the Barnard campus, does not mean we do not exist! Barnard is not keeping their end of the bargain.

When a student signs a housing contract with one of the Barnard dormitories it is understood that the school is not held responsible for any of the student's personal effects. Although there is no contract providing this—Barnard does take on responsibility to make the buildings and grounds (this includes dormitories) safe. Plimpton, unfortunately, despite its location gets the least amount of attention as we well know from fighting over a year to get only a part-time guard.

We are particularly incensed about the thefts which occurred at Plimpton during intercession. There are several facts about the incident which are of major importance.

—that the security guard had several "wild" parties in the dorm over intercession.

—that the basement doors were opened from the inside and for several hours at a time without reason.

—that the alarms and locks to the doors have been broken since September and there have been repeated requests to have them fixed.

—that students were allowed to their rooms unescorted over intercession, and some of these people were unauthorized.

(continued on page 16)

YO! LISTEN!

WKCR • FM & AM

— GENERAL MEETING —

All current and prospective members must attend

Wednesday, Feb. 22, 8 p.m., 212 FBH

*Classical, Jazz, News, Sports, Rock, Blues, Country,
Drama, Comedy, Campus Events and Commentary,
and a whole lot more!*

Engineers and Techies needed too!

89.9 FM

308 FBH x5223

590 AM

Life in a Pressure Cooker?

A typical conversation at Barnard:

A: Hey, how are you doing?

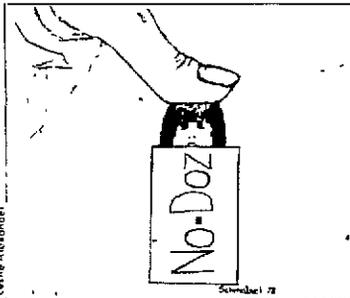
B: (choose one) I'm so depressed

and, or I have so much work to do!
Is Barnard a pressure cooker? Or, is it normal for women our age to be dissatisfied with our lives? Are academic pressures the cause of much of the unhappiness that seems to be so widespread at this school?

These are big questions, which Bulletin, unfortunately, is unable to answer with any degree of certainty. But, in this issue, and in next week's issue, we plan to examine what we see to be some of the primary causes.

Included in this week's section are interviews with class advisors and members of Barnard's Health Service—two groups of people who come into frequent contact with those students who

are feeling confused, pressured and anxious. We have also included some assorted odds and ends, a look at the extra pressure in the lives of those students active in Barnard activities, and, one woman's story of her problems and how she came to realize them.



Advisors Examine the Problem

by Janet Reiser

In an effort to pinpoint the causes and effects of academic pressures as felt by student advisors, Katherine Wilcox and Quandra Stadler, both teachers and counselors were prevailed upon for their professional opinions. Wilcox, a member of the Education department who has been counseling transfer students and advising freshmen, attributed to a number of factors but singled out Barnard students themselves, parents, teachers, and our academic environment. On the other hand, Stadler, a freshman advisor, thought the pressure freshmen feel is generally self-induced. She said the tension that students feel is very real, but it is created by themselves. One of the causes Stadler cited was the lenient grading systems of high schools. For example, a student carrying an A or B average in high school who receives a C at Barnard feels she's doing poorly. The "grade inflation" in most high schools results in disappointment to students who feel they should be doing just as well.

Stadler also believes many of the freshmen she is in contact with feel pressured because they want to please their parents. Furthermore, another cause of trouble was that some students take advanced courses in their freshman year. The courses seem more interesting, but without having taken proper introductory courses, students often have trouble keeping up with classes and readings. She also noticed that students taking a fifth course in their first semester usually end up dropping one.

Students have told Wilcox that academic pressures limit their social lives. Wilcox reported that students on committees planning social events have told her that the response to these events is not always as good as they had expected, but Wilcox maintains that students who do get involved in extracurricular activities and can budget their time correctly, can do well academically.

Some students feel more academic pressure than others. According to Wilcox, there are certain apparent trends. For example, pre-med students tend to feel more pressures than other students. She also observed that seniors

(continued on page 11)

One Student's Experience

I attended what many consider to be one of the finest public high schools in the country. 97 percent of my graduating class went on to college, and 30 percent of those, to Ivy League schools. I graduated in the top fifth of my class and managed to accomplish this with a minimal amount of work. As a naive 17 year old entering Barnard, I felt as though I had the academic world on a string, that I was a superior student, and that college would be a snap. I was wrong!

Now, as a somewhat seasoned sophomore, I am what might be classified as a "problem student." No, I don't get rowdy, nor do I make trouble for the registrar or my fellow students. What I do is, I make trouble for myself. I procrastinate on my schoolwork until there is no possible way for me to get it all done, and then have to start making excuses. Mostly I hand out a lot of sob stories.

Oh! the stories I've made up! In an effort to cover up for my goofing off, I've gone to my grandmother's funeral six or seven times—well, I'm sure you know the routine. But what I want to say is *not* what a good con artist I am. What I really mean to say is that I make up all those stories because I *have* to. It isn't fun making up excuses all the time, going hat in hand to professors to beg for "just one more day," or week, or an

incomplete, or whatever. I never walk into class without a sinking feeling in my stomach, because I know that I'm not prepared.

Why don't I just buckle down and make myself do what I have to do? Well, I guess after a certain point, I just lost the desire or discipline to do so. I simply can't make myself do the work, because I always have the feeling that no matter how hard I try, I'll never do well. After getting all those A's in high school, I just can't deal with B's and C's.

It's funny, but after being so smart all my life, I can't handle being average. When you've been told that you're brilliant all your life, your ego takes a real plunge when you find out that everyone around you is at least as brilliant as you—and usually more so.

It would help to have someone to talk to. I don't know any professors well, and frankly, I doubt they would be of any assistance. To tell the truth, it seems like there isn't anyone here whose job it is to help people like me. At times Barnard, which is a small college, feels like an awfully big place...

My friends try to help, of course. They, at least, are concerned, but my problem is inside of me, and although I'm not sure where it is, I'm confident that the answer must be inside of me, too.

Name withheld by request

Double Trouble

by Rumu Sarkar

One group of students particularly prone to the hazards of academic pressures are those students who are involved in activities. In addition to their other commitments, they have the added burden of classwork—and have less time to devote to it. And as Jami Bernard says, "This can make life like a pressure cooker."

When discussing specifically the type of work that is most demanding, Lori Gold said, "Long papers involving a lot of research are the most oppressive," which seemed to be the consensus of those interviewed. But usually just coping with the backlog of everyday, mundane assignments causes the real squeeze. In Emily Gaylord's words, "...just catching up on busywork is the hardest."

Students generally set up their own standards of excellence and seldom rely on outside judgments of their performances. This was obvious in talking with leaders of the student body. As Lori Gold said, "The person who exerts the most pressure on me is me." These standards of excellence are influenced by various factors such as parents, friends, etc. but the actual means of evaluation the individual offers as an assessment of his performance represents an assimilation of these forces.

Students are usually realistic in setting up their academic goals. Elaine Richards said, "I usually do well in a class I enjoy. If I get a grade that's lower than my expectation, I can still shrug my shoulders and hope to do better." This seems to be the overall attitude toward grades as described by the student leaders interviewed.

Extracurricular activities are generally more fun and rewarding because they are geared toward the specific interests of the individual. Jami Bernard commented, "Usually such activities are personally challenging," and Elaine Richards added, "They make life bearable." However such activities can be time consuming and may often require effort and dedication. But they do create a format for personal development and expansion and can be exciting and satisfying.

... As The Doctors See It

by Marina Khazanov-Medvedev
Bulletin spoke to three members of Barnard's Health Service—Harriet Mogul, director of the Health Service; Dr. Zira Defries, a psychiatrist, and Dr. Saks, a part-time psychologist, about the problems encountered by students with academic difficulties.

Dr. Mogul felt that no pressure whatsoever is applied to students by Barnard faculty; rather, she noticed that Barnard staff is "fair, friendly, sympathetic and perhaps even too permissive." Dr. Defries admitted that academic pressure exists, that Barnard is known as a "high pressure school" and its standards are unusually high. Dr. Saks, when confronted with the question on academic pressure, smiled, thought for a few seconds and answered: "It's what they (the students) want."



Dr. Harriet Mogul

These remarks might sound contradictory, but it is obvious that the three doctors do agree on most of the major issues. None of the three consider academic pressure as a big problem at Barnard. Whenever the pressure does exist, it is felt that it comes from the student herself rather than from the faculty. Usually it is a talented, highly-motivated student who takes up an impossible amount of work and then is unable to cope and is unwilling, at the same time, to lower her standards. Dr. DeFries noticed that Asian and African students seem to have more problems than American students. Those students are usually pushed by the family and by their own

aspirations to succeed and "to get ahead."

It is also not an unusual thing for a student to complain about academic pressure when the trouble lies in her personal life. The common problems are a father who drinks, parents who are divorcing, quarrels with a boyfriend etc. At times, these things do not let a student do well in school and then she blames it on extreme academic pressure. At other times "the free-floating anxiety" about future careers and personal life, which is always present among students gets to be labeled "academic pressure."

Freshmen, however, seem to have more problems than other students. The first few weeks or months of their stay at Barnard some of them suffer a real crisis, where they find that they cannot adjust, that they are homesick, and seem to be unable to concentrate and do their classwork. In general the number of students with academic problems increases during midterms and finals, but many of the people who come to the Health Service are one-time visitors, and, as soon as the exams are over, they disappear from the Office until the next exam.

Such ordeals as exams, financial aid, and graduate school applications do cause, of course, worries which often result in fatigue, headaches, insomnia, changes in appetite, diarrhea and similar symptoms. If this is a "one-day event," the Health Service doesn't get overly worried. If, however, these physical problems persist, a series of medical tests are performed. If no particular internal problem is found, psychiatric tests are performed and it is suggested that the student see her counselor or have several therapy sessions with a psychologist.

If needed, Dr. Defries assigns medication to treat a particular symptom, while Dr. Saks prefers not to prescribe any thing, concerning herself more with talking things over with the student, discussing the problem and trying to help her to cope. Most of her "clients" come from two to ten times on a once-a-week basis.

Dr. Saks also conducts a career-planning workshop for seniors. Many students are overly anxious and worried about it and the workshop gives them the opportunity to discuss their problems and to "alleviate their suffering."

Sex, Suicide, and Etc: Mental Health Trivia

Did you ever think that regular sexual contact could improve your grades? Well, according to a Puerto Rican sociologist, Martin Segrera of the University of Puerto Rico who studied one thousand married students and single ones who engage in frequent love-making, their registered grades were a surprising twenty percent higher than their fellow students'. He also found that after reviewing the students' scholarship records over previous years that grades had gone up in relation to their increase in love-making. How's that for an excuse not to go the library?

When you're sitting in that boring class, with the professor who has broken the record for holding his voice at a constant monotonous rate and whose only witty remark had something to do with an exam, there is now some consolation that may alleviate the tedium—learning has to be dull to be retained.

A study conducted by researchers at the San Diego State University tested the retention ability of the student in relation to a professor's personality during lectures. 508 students were divided into sixteen groups and each group heard the same lecture facts, some by a "dull" professor, and some from a professor who cracked jokes during the class.

After the lectures the students were asked to rate the lecture and take a test on the material presented. The students who had heard the witty professor had more fun during the lecture but did more poorly on the exam than those students who survived the dull lecture.

The researchers concluded that humor in any lecture is not always educational and becomes socially useful to the student so they may remember the jokes and not the facts. Also, since students are used to being entertained and to

rating entertainers, they may start rating a professor trying to be humorous and may discount the humor and subject as well. Of course, there are those professors who are very humorous and entertaining who totally enthrall their students because they know so much about their subject and can present it with such ease.

If feelings of depression and hopelessness are bringing thoughts of suicide to mind don't think you're alone. Last year the government released statistics that showed that adolescent suicides have nearly doubled in the last ten years. Most teenagers consider suicide in advance and weigh the thought against other alternatives. Finally, because of the feeling that no one cares and no one will listen, they conclude that death is the only way to solve their problem, according to Dr. Joseph Teicher of the University of Southern California School of Medicine.

Other statistics show that a large percentage of young suicides live with persons other than their parents and 72 percent had one or both parents absent from the home. Forty percent of those attempting suicide had a parent, relative or close friend who had attempted to kill himself, and fifteen percent had serious problems because of one parent's alcoholism. Fifty percent of those attempting suicide came from families who were poor, and 62 percent had both parents working, or one working when there was only one parent in the family.

The typical young suicide is the result of either parents, poverty, peers, pregnancy or broken love affairs. It was found that the usual young suicide victim was a person who early in life was painfully separated from important relationships and who remained alone trying to cope with the stress of becoming an adult.

—Maria Tsarnas

Pooling Resources at PAC

At present, Peer Academic Counseling, the newly instituted program, is experimenting with many different methods of preventing students' academic problems and solving their problems when they arise.

Each PAC (Peer Academic Counselor) has learned about the support services of the school and how to advise and listen to people.

In the short history of PAC, students have come to them with problems about program planning, what courses to take and the dropping of courses. One of the most promising programs so far seems to be the establishment of study groups for various subjects. These study groups are not tutorials, they are simply groups in which people studying the same subject may join together to help each other and learn from each other. The leader of the

study group does not necessarily need to know about the subject being studied since she serves only as a guide in creating a communal effort among the students. In this way, the students can learn to help each other and help themselves.

Occasionally, students simply need a push in the right direction in order to write a paper or study. PACs will help organize the work load of a student, and help her learn, without panicking, how to deal with her courses.

Disoriented freshmen who are frightened by the lack of guidance in dealing with things that they are not used to, go to PACs for advice. Program-filing, deadlines and late fees, and sequence numbers, are all seemingly trivial things which are difficult to deal with when they are thrown upon the new freshman.

Although, most of the people who go

to PAC now go with academic problems, PAC welcomes people who would like to vent their frustrations or discuss anything they like. At present, the more social problems of students are taken to Residence Counselors.

If the PACs run into a problem they cannot handle, they will not hesitate to refer the person to someone more capable of dealing with the particular problem.

Although PAC has not had a chance to develop fully yet, partly due to poor student attendance, they are an available resource for people needing help in organization of work: with the trappings of the bureaucracy; or who just need the secure knowledge that other people share their problems. As students utilize this, as yet, relatively untapped resource, PAC will develop to fit their needs.

—Tamar Gershon

Travolta's Sassy Spasms

by Jean Evans

Saturday Night Fever depends on the pulsating beats of disco music to generate its heat. The memorable music of the Bee Gees sets nimble John Travolta in motion, sets his feet flying and his tail wagging. Shapely Travolta's dazzling footwork comprises the few redeeming moments of this movie and contrasts sharply with the remaining clumsy footage.

The first frame reveals the film's focus, Tony Minero (Travolta), a nineteen year old Italian stud who restlessly seeks outlets for his sexual energy. Simultaneously those frames intimate that this is no great acting feat for Travolta. Minero's mother impugns him for not behaving like his older brother, a priest. The director justifies the two brother's different lifestyles by having them use different accents.

At the local discotheque, where Minero tantalizes the crowd with his dancing every Saturday night, the women go mad. A stuttering girl asks if she can wipe his brow and he, always the gentleman, gracefully consents. An old girl friend beseechingly offers him a handful of condoms. The only woman who escapes his spell is the one he's after. The woman, played by Karen Gorney, plays Ginger Rogers to Travolta's Fred Astaire, and her presence on the screen serves only to force the viewer to watch him.

However, there are moments when Travolta exhibits the makings of a superstar. When his teeth and eyes twinkle and her perfectly coiffured hair gleams under the rotating disco lights a young Clark Gable is brought to mind. But the sham disappears at the witnessing of his simple-minded, unsophisticated behavior. Gable and others displayed animal magnetism plus wit, intellect, and charm, all of which suffused their films with romance. Travolta's harsh treatment of women is anything but romantic, and in some circles might be called chauvinistic. Excepting Karen Gorney he has no serious interests. His dancing is portrayed as being so effortless that he need not even be interested in that. If Travolta is to achieve the stature of which he is possibly capable, he must not accept roles which call for little more than the character he plays on a television sitcom.

To insure commercial success the

director of this Paramount release, John Badham, haphazardly adds episodes of violence and sex to spice things up. It doesn't work.

Dancing Travolta's sassy spasms are worth seeing, though, and the film's enervating disco beats may inspire you to participate in some high-stepping of your own after the show.



John Travolta holds a cigarette.

Behind All The Masks

by Susan Davids

Sam Goody's record stores recently had a contest. The idea was to answer the question: In Billy Joel's new album "The Stranger," who is the stranger? At first the answer seemed obvious—Joel. But then as the different levels of the song and the album surface, it becomes less and less clear who was behind all the masks.

*Well we all have a face
That we hide away forever
And we take them out and show ourselves
When everyone has gone
Some are satin and some are steel
Some are silk and some are leather
They're the faces of the stranger
But we love to try them on*

—"The Stranger"

Since *Piano Man*, Joel's first album on Columbia (after the hard-to-get *Cold Spring Harbor* released on a tiny, independent label), he has moved away from those first inevitable Harry Chapin comparisons, growing into a more sophisticated, perceptive lyricist and songwriter.

For *The Stranger*, Joel's fourth album, he seems to have put on these different-textured masks and written

(continued on page 11)

Aren't you tired of being a closet complainer? Haven't you always been curious about how things are run around here? Now, you have a chance to air your gripes, and ask questions about how and why decisions are made in this school.

BARNARD BULLETIN

Come to Bulletin's first

TOWN MEETING

with

MICHELLE MATTIA

Acting Dean of Students

Wed., March 1, 3:00 pm

Jean Palmer Room

(upper level McIntosh)

Everyone Welcome

Stranger

(continued from page 10)

while behind them. He has a knack for creating a complete environment with music. "New York State of Mind," from *Turnstiles*, his third album, is like that. So is the haunting theme from "The Stanger," and the song itself.

The echoed whistle evokes the scene of a smoky street corner with diffused yellow light coming from an old-fashioned iron street lamp, while a mysterious trench-coated figure, a hat pulled over his face, slowly lights a cigarette. Pure Bogart.

Perhaps because of its many levels, *The Stranger* was not as immediately grabbing as *Turnstiles* was. *The Stranger* requires close listening to be able to distinguish the different shades of meaning in the words and the themes that run through the album. Even the deceptively simple question of what the relationship is between the two people meeting in the Italian restaurant can cause arguments.

All the songs but one are first-rate. Joel's lyrics are sensitive, clever, and

often humorous; from "Movin' Out (Anthony's Song)" (or the "ack-ack" song, as it is affectionately referred to), which is another plea to see behind superficial material values (though infinitely lighter and not as depressing as his first, and most well-known, suburban angst song, "Captain Jack"); to "Only the Good Die Young," an impassioned plea from a frustrated youth.

Joel falls flat with the last song, "Everybody Has a Dream." The eight-year-old tune should have been left on the shelf. By putting it next to his more polished work, it serves to show clearly, to the song's disadvantage, the improvement in his songwriting abilities. The almost desperate naivete of the lyrics and the overblown gospel sound of the song are—well, awkwardly young and innocent.

Joel continues to be one of the most talented songwriters around, and with each album he seems to hone his skills to a finer and finer point. It was hard to follow such a tremendous album as *Turnstiles*, but Joel, who prides himself on his eclectic tastes and changing styles, did a fine job with *The Stranger*.

Convention

(continued from page 4)

Show, Friday night, when Dean Coleman (CC) sang the Columbia Laments, which included a rendition of "He's Just ... Our ... Bill!"

Nonetheless, the expressed purpose of "Fun" was tempered by rather cordial, yet partisan discussions of "the Future of Higher Education," "Student Activities," "Sexual Intimacy on Campus," and most crucial of all, "Barnard-Columbia Relations."

Needless to say, the conversation on the last of these topics, which was lead by Dean Coltery (CC) and Dean Schmitter (BC) repeated many long-held thoughts concerning the separation of the two schools. It became abundantly clear that the Columbia student body is in favor of their school going co-ed. Barnard women, by contrast, seemed to be in favor of continually improving the relations of the schools.

In either case, none could deny the need for further communication, and the benefits of the weekend. "This should become a tradition," said Barnard Political Science Professor Peter Juvilier. "This sense of parody is just great."

Advisors

(continued from page 7)

can cope with academic pressures better than other undergraduates because they have had more time to adjust to campus life. However, Wilcox added, seniors often feel greater pressure concerning graduate schools, jobs, and senior theses.

Stadler found that after freshman year, the pressures ease up somewhat because students have adjusted to Barnard life and that juniors and seniors are not taking the courses they are most interested in and are more involved in their majors. She feels, however, that the grades in junior and senior years are very important for graduate school and students are fully aware of this.

To handle pressure Stadler advises freshmen that if they haven't chosen a major they shouldn't feel they have to do so right away. She recommends that they allow themselves time and not feel required to make a decision yet. As an administrative matter, Stadler thought it would be easier for students to have their mid-terms during a specific one to two week interval instead of having them over a stretched out period of time.

ARGONNE NATIONAL LABORATORY

—a company spearheading development of advanced energy sources—will be interviewing you at Columbia on March 3rd.

Argonne has uncommonly challenging career opportunities for engineers with a Ph.D. in Mechanical, Chemical, Nuclear, or Environmental Engineering, or M.S. level Computer Scientists.

We will answer your questions about our totally non-classified work in Reactors, Solar Energy, Magneto-hydrodynamics, Controlled Thermonuclear Reaction, Coal Technology, Battery Development, Superconductivity and Environmental Studies.

To arrange an interview see the CU Office of Placement and Career Services, or send resume to: Robert P. Maxwell, Argonne National Laboratory, 9700 South Cass Avenue, Argonne, Illinois 60439.



ARGONNE NATIONAL LABORATORY

An Equal Opportunity Employer, M/F

Commuters

(continued from page 5)

to be a part of this, please leave a message at our office. In the meantime, why not buy a chance for the Token Lottery, where 50 cents can win 40 tokens.

Did you ever want the opportunity to voice a criticism to the members of the Barnard administration, but just never got around to it? Commuter Action has organized a lunch with President Mattfeld and members of the administration, designed to give commuting students the opportunity to meet and speak with the leaders of our campus. The forum is scheduled for Thursday, March 30th, from 12-2:00 pm. in the James Room.

Does your social life need a lift? Check our bulletin board, located near the McIntosh mailboxes, for a complete listing of on campus social activities. We have an April Rock

Festival coming up. We're also considering a two or three day trip, during the Spring holidays to either a Dude Ranch or a Ski Resort. If you're interested, please indicate so on our survey. A day trip to Great Adventure is scheduled for May 15th. Details later.

Does your wardrobe need a compliment? Have we got something for you. Our T-shirts are on sale, available in red and white, for \$2.50. Also, we are now selling very attractive canvas tote bags, bearing our logo and the words **COMMUTER ACTION**. They're available in two sizes, the small selling for \$3.00 and the large for \$4.00.

If you'd like to be a member of Commuter Action (it's really a lot of fun), come to our meetings, held every Thursday at 12:15-1:00 pm, in our office. Look for us in upcoming issues of Bulletin as well. Until then, keep on trackin' ...

Paula Franzese
President

Commuter Action Organization

Plumbing

(continued from page 3)

the radiator "exploded." By January 13th, when maintenance first arrived to deal with the situation, steam had permeated the room, taking the paint off the walls, ravaging the furniture, ruining sheets and garments. Damage to personal property amounted to approximately \$500.

Michele Mattia, acting dean of students, told Tully on Monday, February 13th, that "off the top of her head, she could not guarantee full restitution for the damages done to Tully's property, and she might only get a portion of the damages paid for."

Anne Kabot also expressed the desire to see the Brooks plumbing renovated because of the general decrepitude of the facilities, and to save the time and labor now spent trying to keep up with the never-ending malfunctions. However, she sees no impetus or plans being made to do anything in the near future, and she expects that "we will just have to handle the complaints as they arise."

BOBW Weekend

(continued from page 3)

Reid, former Barnard professor of Political Science, spoke about her personal life and "books and a quick recovery from disappointments" as being among the keys to her success. Marsha Sims '74 noted that out of 270 lawyers at a large Wall Street firm, she is one of two black female lawyers.

Writers and black women in the media shared their experiences in a Sunday workshop chaired by Quandra Stadler of Barnard's English Dept. Sheila Hobson, producer and writer, spoke of the sterility in the media.

The last workshop of the Celebration was directed towards business and was led by Kuumba Edwards. This panel addressed itself to the problems of being a black woman in business.

BARNARD-COLUMBIA

CHEMISTRY CLUB

GENERAL MEETING

Feb. 21, 304 Barnard - 12 noon

Bring your lunch

coffee & tea will be served

NEW MEMBERS WELCOME

The Great Romance Ball
Spring 1978

A Student-Faculty Gala
March 4 - 10:00 till dawn

Wollman Aud., FBH \$10/couple (incl. bottle of champagne)

For ticket info call Arturo, x1224, or Laurie, x1528.

Save up to 40%

XEROX COPIES

COPYQUICK

211 Amsterdam Avenue

Bet 119th - 120th Sts

749-7650

Ask about our 4 cent rate

IBM NEEDS OUTSTANDING PEOPLE

And we can offer outstanding
career opportunities in Marketing,
Engineering or Computer Science.
We will be interviewing at

Barnard
on March 1, 1978

To find out about IBM and let us
find out about you, sign up for an
interview at the Placement Office or
write to: W.A. Dickert, Corporate
College Relations Manager,
IBM Corporation,
99 Church Street,
White Plains, NY 10601.



An Equal Opportunity Employer

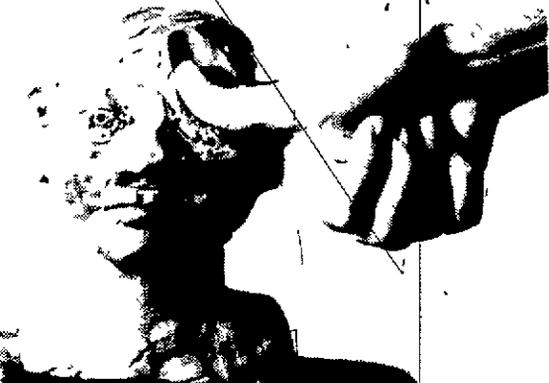
READ FASTER \$98

5 weeks guaranteed course DOUBLE or TRIPLE your speed Understand more, retain more Nationally known professor Class forming now

READING SKILLS 864-5112

**People Looking for
Part-time Work
— Earn Good Money —**
Need your own bicycle, car,
truck motorcycle
Call 751-7767

GENERAL MEETING
Barnard Columbia
Democratic Caucus
TONIGHT, MON., FEB. 20, 7:30
Carmah Lounge — All interested invited



**ARE
YOU
EASILY IMPRESSED?**

Today's problems are complex, the search demanding. Los Alamos Scientific Laboratory is committed to the concept that America's greatest resource lies in its people.

Los Alamos is not looking for employees with assembly line imagination, but those who will dare to question the obvious, and reach for dreams yet undreamed.

Our special search is for innovative, safe sources of energy created through our Laboratory's brainpower — energy alternatives such as

- Laser Fusion
- Magnetic Fusion
- Geothermal
- Solar
- and others still in the conceptual stage

It's your future! Make your mark with us.

Los Alamos representatives will be conducting interviews Monday and Tuesday, March 6-7, 1978 at 107 McIntosh, or write to

Los Alamos Scientific Laboratory
Recruiting Division
P O Box 1663
Los Alamos, New Mexico 87545



An Affirmative Action/Equal Opportunity Employer, Women, Minorities, Veterans, Handicapped Urged to apply U S Citizenship required



Columbia Awed by Loveliness Of Visiting Screen Star

By Jane Goldstein

We were very insulted when we heard that a Barnard girl wasn't chosen by Columbia as the most desirable person with whom to be stranded on a desert island. Therefore we walked into the offices of the *Spectator*, Columbia's daily newspaper, Monday afternoon full of indignation and rage. But we were calmed considerably by the sight of about 75 Columbia men literally on their knees and being completely awed and dumbfounded by a gorgeous blonde — Madeleine Carroll.

Miss Carroll seated on *Spectator's* arm-chair, was telling the boys how sweet it was of them to select her as the person with whom to be stranded. And as a token of her gratitude she gave each one an autographed picture of herself. It was wonderful to see the staff of *Spectator* stand on line, and then as each one's turn came, to hear them say "Miss Carroll, may I have your autograph please?"

The lovely British movie star was chosen as the recipient of Columbia's honor mainly because of her

ability to speak French. The other reasons, in order of importance were her blue eyes, her blonde hair, her classic profile and her attractive figure. We didn't have an opportunity to hear her French, but we will admit we agree with Columbia regarding the other requisites of a desert island companion.

When Miss Carroll first arrived on Monday afternoon she was given a reception in the lounge of John Jay Hall by Columbia Student Board. The boys then drank tea poured by Madeleine's own magnificent hands. She was then escorted to *Spectator* office where photographs were taken of her and the editors.

When Miss Carroll had had quite enough of Columbia she stood up and announced, "Well, boys I'll have to be going. Thanks a lot for the afternoon and I hope I'm re-elected next year."

Then Columbia Student Board and *Spectator* staff en masse escorted Madeleine and her press agent to a taxi-cab and stood waving after it as it went down Amsterdam Avenue.

We found this article about the *Spectator* staff in the May 6, 1938 Issue of the *Barnard Bulletin*. We are reprinting it with best wishes for the incoming Managing Board. We hope that they will maintain the high standards of their predecessors, as they follow in their illustrious footsteps.

finis

SPORTS

Harvard Weekend

by Mary LaRocca

For the Barnard Fencing, Swimming, and Basketball teams, the long awaited and much anticipated weekend at Harvard for the Ivy League Championships is now the subject of much distress and disappointment. The Ivy League Championship was originally scheduled to be held February 10-12 at Harvard. However, due to the blizzard the week before the scheduled meet, the championship was at first postponed a day, then cancelled, and finally rescheduled for February 12-14. The Barnard teams, however, were not there. Members of the teams felt that they

were "given the shaft" by the Barnard Athletic Department but in reality, Barnard was given such short notice of the rescheduling of the meet that it was deemed impossible.

Some of the athletes were glad that they didn't go up for the championship because many of the athletes were stricken with the flu and would not have been able to participate at all or not to their best ability.

The Barnard teams now can only look forward to next year's Ivy League championship and try to forget about what happened this year.

NYU Game, Poor Playing

By Mary LaRocca

Now that they have for the most part recovered from the flu and the disappointment of missing the Ivy

League Championships, the Barnard varsity basketball team last Wednesday, February 15, returned to action against New York University at home. Barnard won 34-29.

The game, which was originally scheduled to begin at 5:00, didn't get underway till nearly six o'clock due to the absence of N.Y.U. for nearly forty-five minutes after the scheduled starting time.

The game was plagued by poor play and an unusually high number of fouls. Four girls fouled out before the end of the game and the remaining members of each team were in foul trouble throughout most of the second half. Stephanie Sadles and Jeanette McDaniels were the high scorers for Barnard with eight and seven points scored respectively.

Barnard's next basketball game will be on Wednesday March 1, at seven o'clock against St. Joseph's to be held in Barnard Hall Gym where the girls will try to increase their record to 4-3.

Letter

(continued from page 6)

—that the 1st floor windows were often left open by security officers.

—that of the security guards who worked during intercession several of them were uninformed of their duties, and on occasion did not even show up for work.

—that one security guard (now fired) claims to know who broke in, but will not tell who.

—that this same guard may be hired again this summer.

—that none of the students were ever told that there might be a problem in securing the dorm and it was never suggested in any way that students should consider removing any articles of value from their rooms.

Because it can not be denied that largely in part the thefts could only occur due to the negligence on the part of Barnard security, we see the necessity for an immediate investigation including reimbursement and hiring of a new security company that would take Plimpton seriously. Direct action must be taken against the security guard who claims to know who is involved. But by far our strongest outcry is that this incident not just be swept under the rug while Ray Boylan and Company shuns his responsibilities to the Barnard community.

Lisa Davyd '79
Ricky Snow '79

PREPARE FOR
MCAT • DAT • LSAT • GMAT
GRE • OCAT • VAT • SAT
NMB I, II, III • ECFMG • FLEX • VQE
NAT'L DENTAL BOARDS • NURSING BOARDS

Flexible Programs & Hours

There IS a difference!!!

For information Please call:

Brooklyn ... (212) 338-8300

1675 E 14 Bldg, N.Y. 11229

Manhattan ... (212) 632-1400

Long Island ... (516) 538-4555

New Jersey (201) 946-2862

Connecticut (203) 789-1169

Stanley H. KAPLAN
EDUCATIONAL CENTER LTD
TEST PREPARATION
SPECIALISTS SINCE 1938
535 Madison Ave, NYC 10022
(nr 54 St)

Outside N.Y. State Only CALL TOLL FREE: 800-223-1782
Centers in Major US Cities Toronto, Puerto Rico and Lugano, Switzerland

zooprax

(MVC)

Tuesday, February 21st

"M"

directed by Fritz Lang with Peter Lowe

Wollman Aud. FBH. 7 30 & 9 30. \$1 Adm. Discount Mem Avail